Paradise

拍数: 32   **墙数:** 4   **级数:** Intermediate

编舞者: Beth Webb (USA)

音乐: Double Wide Paradise - Toby Keith

HEEL JACKS (BALL CROSSES), ¼ TURN LEFT

1&2	Cross left over right, step right next to left, tap left heel forward
&3&4	Step left next to right, cross right over left, step left next to right, tap right heel forward
&5&6	Step right next to left, cross left over right, step right next to left, step left
7-8	Step right foot forward, make ¼ turn to left on balls of feet ending with weight on left

SAILOR SHUFFLES, ROCK STEP, SHUFFLE ½ TURN RIGHT

1&2	Cross right behind left, step left to left side, step right next to left
3&4	Cross left behind right, step right to right side, step left next to right
5-6	Rock forward on right, step back on left
7&8	Turn ½ to right while doing a right shuffle (right-left-right) in place

HIP BUMPS MOVING FORWARD

1-2	Step forward with left, bump left hip forward
3-4	Step forward with right, bump right hip forward
5-6	Step forward with left, bump left hip forward
7-8	Step forward with right, bump right hip forward

Option: Push outward with the palms of both hands on each count. Counts 1 and 2 are forward to the left, 3 and 4 are slightly higher to the right, etc., until counts 7 and 8 are way up in the "raise the roof" position.

OUT-OUT, IN-IN, STOMP, STOMP, BODY ROLL

a1a2	Step out to left side with left, step out to right side with right, step in to center with left, step in with right (stepping next to left)
a3a4	Step out to left side with left, step out to right side with right, step in to center with left, step in with right (stepping next to left)
5-6	Stomp left, stomp right
7-8	Do a two-count up body roll

Option: Simplify the last two counts with hip bump left, hip bump right. Weight ends on right.

REPEAT

The timing on the out-out in-in part is not &1&2&3&4. It uses triplet timing, where each beat is broken into three equal pieces (1-and-a, 2-and-a, etc.) The steps are done on the 'a' and the beat (a1a2). This is the same timing used in Linda Lou and most of those dances that use out-out in-in.